

VOLUME 45 NUMBER 85

WEDNESDAY, OCT. 19, 2005

THE KWAJALEIN HOURGLASS

**October is National
Breast Cancer
Awareness Month**
— Page 6

(Cats, dogs and fish are the only authorized pets on Kwajalein.
Special care may be needed to keep them healthy.
For more, see Page 4.)

(Photo by Elizabeth Davie)

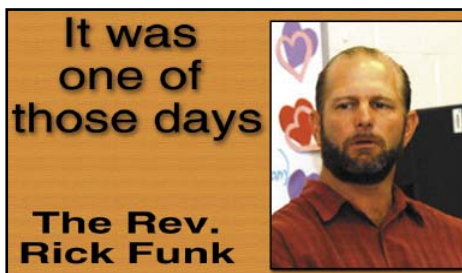
www.smcd:army.mil/KWAJ/Hourglass/hourglass.html

Nice people do exist . . . in New York City!

I remember watching the show "Reality Bites" many years ago when an editor asked a prospective journalist, "What is the meaning of irony?" I mention this because something ironic happened on my latest visit to New York City. Actually, we were just on the island of Manhattan which is exactly like Kwaj except for skyscrapers, a couple hundred acres and 8 million more people. Maybe Kwaj is more like Central Park without the zoo, more water and a runway.

Now here's the ironic part; New Yorkers were nice! Kathy Ann and I lived in New York for seven years (not counting our four years in college) and we went into the city on many occasions. My vision of a typical New Yorker was a no-nonsense, decisive, lead, follow, or get-out-of-the-way type person. Once you are accustomed to it, it's not abrasive or uncomfortable. You just go with the flow.

On our latest trip, we were walking down a crowded New York sidewalk when someone bumped into us from behind. She turned and said, "I'm sorry," looked apologetic and moved on. We were speechless. Later, we were at a crowded intersection and one New Yorker yelled at another



New Yorker to watch out for a cab and complained that the cabbie should be more careful. Throughout our four-day stay we noticed an extremely high level of camaraderie and community spirit. We thought it was an anomaly.

We had the pleasure of watching Kwaj's own Andrea Lindborg (aka Solade) perform at a local jazz club in SoHo. We asked her if our observations were off base. She told us that

the city is much more caring and compassionate since 9/11 and she agrees that people really do look out for one another. This has certainly changed my impression of New York.

For the record, the definition of irony is when the actual circumstances are the opposite of the anticipated circumstances. People who come from the island of Manhattan to the island of Kwajalein anticipate a close-knit small town community where people really do care about one another. They might anticipate that we would be quick to help and slow to criticize. I, for one, would like to avoid doing anything ironic. If I fail, encourage me to be at my best. We'll show those New Yorkers who can really be friendly.



To submit a letter to the editor: Keep letters to less than 300 words, and keep comments to the issues. Letters must be signed. We will edit for Associate Press style and, if you exceed the word limit, space. Limit one letter every 30 days. Send your letter to: *The Hourglass*, P.O. Box 23, Local; or hourglass@kls.usaka.smdc.army.mil

Classified ads are due for Wednesday's paper by noon, Saturday and for Saturday's paper by noon, Thursday.
Limit ads to 50 words.

The Kwajalein Hourglass

Commanding Officer.....COL Beverly Stipe
Public Affairs Officer.....Sandy Miller
Editor.....Nell Drumheller
Assistant Editor.....Mig Owens
Graphics Designer.....Dan Adler
Reporter.....Elizabeth Davie
Circulation.....Will O'Connell

The *Hourglass* is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

The Kwajalein *Hourglass* is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to USAKA. Contents of the *Hourglass* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or USAKA. It is published Wednesdays and Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

P.O. Box 23, APO AP 96555
Phone: Autovon 254-3539; local 53539
Printed circulation: 2,000

Buckminster and Friends — Sabrina Mumma

CHAPTER 253: THE BUCKMINSTER PLAYERS PRESENT "THE HEADLESS HORSEMAN ~ KWAJ-STYLE." (WITH APOLOGIES TO WASHINGTON IRVING)



Antibiotics are sometimes misused, will not always cure what ails you

By Inge LeBlanc, RN, CCRN
Kwajalein Hospital

You're feeling lousy; perhaps you have a fever, sore throat, chills. You make an appointment to see your physician, or stop by First Stop on your way to work, sure that you will be given a prescription for a course of antibiotics. Because that's what antibiotics are for, right? Wrong!

Most adult patients who see their doctors for a sore throat receive a prescription for an antibiotic, despite the fact that antibiotic treatment may be appropriate for only 10 percent of such patients.

The vast majority of sore throats are caused by viral infection, which antibiotics do not treat. Only in cases of bacterial infection — commonly referred to as "strep throat" — can antibiotics be useful. "There are pretty well known criteria for diagnosing strep throat and predicting its incidence in a population" says Jeffrey Linder, MD, of the Massachusetts General Hospital General Medicine Division. "If you go in to see your doctor for an upper respiratory infection, including a sore throat, nine times out of 10 you should not be given an antibiotic."

While the dangers of overusing antibiotics — most significantly the development of antibiotic resistance in bacteria — are well known, there are many forces that could lead physicians to prescribe them inappropriately. Many patients expect antibiotics when they visit their doctor for a sore throat or even colds, which also do not improve with antibiotics. Antibiotic use also may needlessly place patients at risk for allergic reactions.

"The best solution for physicians, educating their patients about the proper use of antibiotics, often is not feasible because of the time pressures many physicians face," says Stafford, an assistant profes-

sor of medicine at the Stanford Center for Research in Disease Prevention. Efforts are already underway to educate physicians and patients about the dangers of over prescribing antibiotics.

A study at the University of Colorado Health Sciences Center in Denver measured antibiotic prescription rates and identified predictors of antibiotic use for adults diagnosed as having colds, upper respiratory tract infections and bronchitis in the United States.

The results showed that office visits for colds, upper respiratory tract infections and bronchitis resulted in approximately 12 million antibiotic prescriptions, accounting for 21 percent of all antibiotic prescriptions to adults in 1992.

A total of 51 percent of patients diagnosed as having colds, 52 percent of patients diagnosed as having upper respiratory tract infections and 66 percent of patients diagnosed as having bronchitis were treated with antibiotics.

Although antibiotics have little or no benefit for colds, upper respiratory tract infections or bronchitis, these conditions account for a sizable proportion of total antibiotic prescriptions for adults by office-based physicians in the United States.

Resistant bacteria are also the result of doctors prescribing the drugs for conditions not caused by bacteria and of patients prematurely breaking off a course of antibiotic doses. A study by the University of Bristol (England) has shown that a prescription of antibiotics taken within the previous two months doubles the chances of patients carrying antibiotic resistant bacteria. The same effect was not seen in patients who had had antibiotics prescribed within the previous 12 months.

So how does one treat a viral respiratory infection? A program in health clinics where physicians offer patients a cough and cold care kit containing over the counter medicines appears to significantly

reduce unnecessary antibiotic use. Researchers from the Minnesota Antibiotic Resistance Collaborative reported their findings at the International Conference on Emerging Infectious Diseases.

"Providing cough and cold care kits does appear to be a useful tool to use with patients who have upper respiratory illness or acute bronchitis to decrease unnecessary antibiotic use," says Pamala Gahr of the Minnesota Department of Health, a researcher on the study.

The kits were initially produced by three local health plans that began distributing through their clinics during the 2000-2001 winter season. They consist of a colorful box filled with pain relievers, decongestant, cough syrup, lozenges, a packet of powdered chicken soup and a teabag. The following year, six local health plans distributed approximately 31,000 kits.

Gahr and her colleagues compared the percentage of patients with upper respiratory illnesses or acute bronchitis who filled prescriptions for antibiotics after visiting clinics that distributed the kits with those that visited clinics that did not. Patients who visited clinics where the kits were distributed were significantly less likely to fill a prescription for antibiotics within three days of their visit.

"The inappropriate use of antibiotics to treat viral illnesses is thought to be a key factor in the rise of antibiotic-resistant bacteria," says Gahr. Upper respiratory illnesses and acute bronchitis are generally caused by viral infections and antibiotics, which only work on bacteria, are not proper treatment. Usually, the best course of action in these cases is to treat the symptoms with rest and over-the-counter medication.

Similar "Cold Packs" are available 24 hours a day from the hospital. Unfortunately, they don't include the chicken soup or the teabag.



Our furry, friendly pals

Having pets on Kwajalein poses unique problems, requires good care

By Elizabeth Davie
Reporter

Author Alfred A. Montapert once said, "Animals are reliable, many full of love, true in their affections, predictable in their actions, grateful and loyal. Difficult standards for people to live up to." This could explain why some people choose to bring their pets with them to Kwajalein.

According to Jenny Schwartz, Kwajalein's registered veterinary technician, dogs and cats are the only pets authorized to be brought to Kwaj. There are a set number of dogs and cats allowed on the island.

When asked if rats, geckos and other native island creatures can be kept as pets Schwartz said, "No. Rats can carry some nasty bacteria and getting bit by one is definitely not a good idea. Having a gecko for a pet here is not the best idea either. We do not have the proper items that they need to be happy in a confined environment. It is better to name the ones on the outside of the buildings and greet them at night when they come out."

Pet owners who went through all the yellow tape to get their friends out here have a few things to worry about that may not have posed a problem at home. Schwartz explained some of the concerns for cats, "There is feline immunodeficiency virus in the feral cat population, while it is in the same subfamily as human

HIV, it is not transmissible to us. It is usually transmitted from cat-to-cat contact, usually bite wounds. Cats that are FIV positive may or may not show clinical signs, depends on whether secondary or opportunistic infections have set in. We commonly see chronic, non-responsive or recurrent skin infections. Upper respiratory signs are runny nose, sneezing and/or watery/goopy eyes." Heartworms are also a concern for felines on the island. Although she said they are less commonly diagnosed, they are often fatal to cats. The clinic may not be able to treat cats if they are positive due to the fact that a high number of cats do not survive the treatment. Skin and ear infections and obesity are also things to watch out for in the feline population.

Schwartz explained possible problems for canines. "Heartworms are transmitted through mosquitoes and while we have not had any heartworm cases that I know about, the mosquito that transmits the disease is reported to be present in this area of the world," she said. She also said that one of the most common complaints on Kwaj is ear infections. Even if the animal had no problem with



One of the most common problems for dogs is ear infection.

its ears back in the states it is very important to keep a close eye on ears. "We are providing a nice warm, dark and moist environment for



yeast in the dog's ears and yeast love it. The dog will usually shake and scratch at its ears which can cause tissue damage and/or bacterial infections as well." According to Schwartz obesity, mobility problems, lots of joint problems and heart problems are also things to be concerned with.

Now that residents have been warned of the potential problems how can they be avoided? Schwartz gave suggestions for pet owners, "Keep your cat indoors. As well as being a USAKA [U.S. Army Kwajalein Atoll] regulation, if the cat has no contact with infected cats – there will not be a spread of disease [FIV]. There is a vaccine that was recently approved for FIV, right now it is not recommended because once an animal is vaccinated they will test positive for FIV. We are not going to vaccinate for a disease that is preventable by keeping the cat indoors." She also added, "Cats that are outside are also at risk for cat bite abscesses. They are smelly, nasty, very messy and expensive to treat."

Schwartz recommended all pets be on a monthly heartworm preventative. As for their ears she said, "Rinse the ears out with a rinsing solution every time after swimming. Check the ears at least twice a week and clean as needed. Ear infections can set in quickly out here, staying on top of routine care should prevent nearly all the infections. Hold the ears on top of the head to allow air to reach the ear canal."

She also said that most animals she has seen on Kwaj are overweight. "Owners need to look at what the dog/cat has access to and how much exercise it is really getting. If the animal is now a couch potato it does not need the same caloric intake as it needed when it was a superstar runner. Ease into an exercise program with your animal, cut table scraps and snacks, and look very closely at the current diet. Cats — encourage them to play with toys. Toys that are attached to a stick with string work well, and you can play with the cat while you watch a movie or TV."

Schwartz gave some final advice for pet owners. "Do not leave feces on the ground. Clean yards daily, if not immediately. Fecal material on the ground is a fly breeding ground and also if the animal was to have any internal parasites this is the perfect environment to have major concerns. Intestinal parasites pass eggs through the feces and some of the eggs can live in the soil for years. Roundworms and hookworms can be picked up and cause issues in humans, especially children."

Residents may also have fish for pets. Where do these fish come from? And is it approved to take them out of the lagoon? Cathy Madore, environmental scientist,



Cats should be kept indoors to avoid spreading disease among the Kwajalein feline population. (Photo by Elizabeth Davie)

said, "According to the USAKA Environmental Standards, USAKA and its residents must ensure that actions taken here will not jeopardize the continued existence of species of special concern or result in destroying or adversely changing the habitats on which they depend. Taking reef fish for use as pets is not strictly regulated unless the fish is listed as a species of concern or it's an integral part of the habitat, food chain, etc. of one of those species. The three fish species of concern are the Napoleon (aka Humphead) Wrasse, Giant Grouper and Giant Coral (aka Blue Spot) Trout. These species play an integral part in the health and balance of our reef systems by feeding on other fish, crustaceans and more. For instance, the Napoleon Wrasse is one of the few fish species that will eat the Crown of Thorns, a known coral reef killer. The taking of small numbers of unregulated fish species for enjoyment in aquariums is allowed.

However, residents should care for these animals as necessary to ensure they have a good chance of survival. And, foremost, they must understand that a delicate balance exists in our lagoon and the decimation or decline of a fish species could have incalculable effects on the coral reef."

For more information on approved pets and caring for them, call Schwartz at 52017 or Madore at 58856.

Dogs need lots of exercise and monthly heartworm medication.



Taking care

Breast cancer second leading cause of cancer death in women

By Amanda Curtis, RN and Inge LeBlanc, RN, CCRN, Kwajalein Hospital

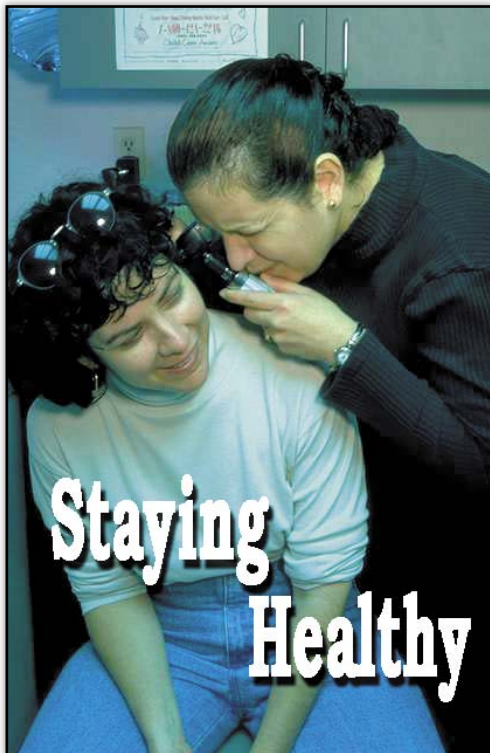
October is National Breast Cancer Awareness Month and Friday is National Mammography Day.

Breast cancer is the second most common cancer in women, aside from skin cancer. This year, an estimated 211,240 new cases of invasive breast cancer are expected to occur among women in the United States. It is the second leading cause of cancer death, after lung cancer. An estimated 40,410 women are expected to die from breast cancer this year. Approximately 1,690 new cases of breast cancer are expected in men this year, while 460 are estimated to die from the disease.

The most common risk factors are age, personal and family history. The risk of breast cancer increases as a woman grows older.

Approximately 82 percent of breast cancers occur in women 50 and older. Women who have had breast cancer and women with a history of breast disease (not cancer, but a condition that may predispose them to cancer) may develop it again. The risk of getting breast cancer increases for a woman whose mother, sister, daughter or two or more close relatives have had the disease.

When breast cancer is detected early and treated promptly, suffering and ultimately the loss of life can be significantly reduced. Women are encouraged to ask their doctors and other health care providers about mammography screening. Mam-



mography (an X-ray picture of the breast) is the single most effective method to detect breast changes that may be cancer, long before physical symptoms can be seen or felt. American Cancer Society recommendation that women 40 and older should have a screening mammogram every year, and should continue to do so for as long as they are in good health.

Women in their 20s and 30s should have a clinical breast examination as part of a regular health exam by a health professional preferably every three years. After 40, women should have a breast exam by a health professional every year. Breast self exam is an option for women starting in their 20s. Women should report any breast changes to their health care professional right away.

The American Cancer Society believes the use of mammograms,

clinical breast examination and breast self-examination offers women the best opportunity for reducing the breast cancer death rate through early detection.

To schedule a mammogram, contact the radiology department at 53522. They will tell you what to expect when you get a mammogram and how long the procedure will take. Women should check with their insurance company regarding costs and reimbursement. For more information



A mammography image is checked at Kwajalein Hospital. Mammography, breast examination by a physician and breast self-examination are vital to detecting breast cancer at an early and survivable stage. (File photo)

about National Breast Cancer Awareness Month and National Mammography Day visit www.nbcam.org and www.cancer.org.

Thursday, October 20

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors		
12:00AM	The Late Show	Sports <i>TBD</i>	American Morning	Roller	Late Night with Conan O'Brien	Movie: (cont.) <i>In the Line of Fire</i>	Spongebob	Without a Trace		
12:30AM	Access Hollywood						Fairly Oddparents			
1:00AM	The Late Late Show with Craig Ferguson	MSNBC Live	Enterprise		Movie: <:17> <i>Down to Earth</i>	As Told by Ginger	Pacific Report			
1:30AM								The Amanda Show	Tonight Show w/ Jay Leno	
2:00AM	Big Idea with Donnie Deutsch		WWE Raw!			C.S.I.	Everwood	The Late Show w/ David Letterman		
2:30AM										
3:00AM	Countdown with Keith Olbermann	Movie: <i>Hustle</i>	Sister, Sister		The Late Late Show with Craig Ferguson					
3:30AM							Sister, Sister	Fresh Prince		
4:00AM	Headline News	Baseball Tonight			Connected: Coast to Coast	Movie: <:45> <i>Chocolat</i>	Family Ties	The Big Idea with Donny Deutsch		
4:30AM	Entertainment Studios	Outside the Lines					Play with Sesame			
5:00AM	ESPNews	Sports <i>TBD</i>	Dayside with Linda Vester		Carol Duvall Show		Barney & Friends	Countdown With Keith Olbermann		
5:30AM	Headline News				Room by Room					
6:00AM	Today		FOX News Live		Body Shaping		Sesame Street	Access Hollywood		
6:30AM					The Right Fit					
7:00AM			Studio B with Shepard Smith		The View	The Entertainers	Bear in the Big Blue	Headline News		
7:30AM		1st & 10					Miss Spider	Entertainment Studios		
8:00AM	Wheel of Fortune	MLB <i>TBD</i>	Your World with Neil Cavuto		Emeril Live	Behind the Scenes	Blue's Clues	ESPNews		
8:30AM	Dr. Phil <8:26>					E.T.	Dora the Explorer	Headline News		
9:00AM	Oprah Winfrey <9:20>		The Big Story w/ John Gibson		30 Minute Meals	Movie: <i>Final Descent</i>	Rolie Polie Olie	Good Morning America		
9:30AM					Food 911		Lazy Town			
10:00AM	Guiding Light <10:20>		Headline News		Sensible Chic		Madeline			
10:30AM			NBC Nightly News		Fashion File	Movie: <:46> <i>A Midsummer Night's Dream</i>	Reading Rainbow	Sports TBD		
11:00AM	General Hospital <11:10>	4 Qtrs	ABC World News		E! News Live		The Backyardigans			
11:30AM			CBS Evening News		Malcolm		Rolie Polie Olie			
12:00PM	Headline News	MLB <i>TBD</i>	The Newshour with Jim Lehrer		Bernie Mac		Dora the Explorer	Sports <i>TBD</i>		
12:30PM	Judge Judy				Girlfriends		Blue's Clues			
1:00PM	Today		Hannity & Colmes		Dawson's Creek	Movie: <i>Bring it On</i>	Miss Spider			
1:30PM							Bear in the Big Blue			
2:00PM			NewsNight with Aaron Brown		Judging Amy	Movie: <:44> <i>Les Miserables</i>	Barney & Friends			
2:30PM					Play with Sesame					
3:00PM	Sylvester & Tweety	SportsCenter	NewsNight with Aaron Brown		Passions		Funniest Videos	ABC World News		
3:30PM	Tutenstein						Growing Pains	ESPNews		
4:00PM	Spongebob	Baseball Tonight	Larry King Live		Third Watch		Pokemon	CBS Evening News		
4:30PM	Batman Beyond	Outside the Lines					Yu-Gi-Oh!	NBC Nightly News		
5:00PM	Jeopardy	NFL Total Access	Anderson Cooper 360		The West Wing	Inside the Actor's Studio	Disney's Doug	Judging Amy		
5:30PM	Access Hollywood						Hey Arnold!			
6:00PM	ESPNews	SportsCenter	Headline News		The Simpsons	Coming Attractions	Spongebob	Star Trek: Deep Space 9		
6:30PM	Pacific Report		Tavis Smiley		Raymond	E.T.	Fairly Oddparents			
7:00PM	Eve	Sports <i>TBD</i>	Hardball with Chris Matthews		Wife Swap	Movie: <i>The Gift</i>	Even Stevens	Third Watch		
7:30PM	Bernie Mac						Kenan & Kel			
8:00PM	House		O'Reilly Factor		America's Next Top Models	Movie: <:58> <i>Maid in Manhattan</i>	Gilmore Girls	Jeopardy		
8:30PM								Headline News		
9:00PM	Without a Trace		Nightline		Alias		Degrassi	ESPNews		
9:30PM			Business Report				Degrassi	Pacific Report		
10:00PM	Pacific Report	Sports <i>TBD</i>	FOX & Friends First		Friends		Fresh Prince	Two and a Half Men		
10:30PM	Tonight Show W/ Jay Leno				Seinfeld		Family Ties	Joey <:25>		
11:00PM			American Morning		The Daily Show	Movie: <i>Star Trek III</i>	7th Heaven	Medium		
11:30PM	The Late Show				Blind Date					

Friday, October 21

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors	
12:00AM	The Late Show	Sports <i>TBD</i>	American Morning	Roller	Late Night with Conan O'Brien	Movie: <i>(Continued)</i>	Spongebob	C.S.I. Miami	
12:30AM	The Late Late Show with Craig Ferguson					Movie: <:59>	Fairly Oddparents		
1:00AM		Big Idea with Donnie Deutsch	MSNBC Live		Wife Swap	<i>Cheaters</i>	Even Stevens	Pacific Report	
1:30AM	America's Next Top Model				Kenan & Kel		Tonight Show w/ Jay Leno		
2:00AM		Countdown with Keith Olbermann			Friends	Gilmore Girls	The Late Show w/ David Letterman		
2:30AM	Alias					Movie: <i>The Gift</i>		Degrassi	
3:00AM		Access Hollywood	Degrassi		The Late Late Show with Craig Ferguson				
3:30AM	Headline News		Fresh Prince						
4:00AM	Baseball Tonight	The Big Idea with Donny Deutsch							
4:30AM	Entertainment Studios		Family Ties						
5:00AM	ESPNNews	Sports <i>TBD</i>	Dayside with Linda Vester		Carol Duvall	<i>Maid in Manhattan</i>	Play with Sesame		
5:30AM	Headline News		FOX News Live		Room by Room		Barney & Friends	Countdown With Keith Olbermann	
6:00AM	Today	Studio B with Shepard Smith			Body Shaping		Sesame Street		
6:30AM			1st & 10		The Right Fit		Access Hollywood		
7:00AM		Your World with Neil Cavuto			The View	Bear in the Big Blue	Headline News		
7:30AM			Emeril Live			Miss Spider	Entertainment Studios		
8:00AM	Wheel of Fortune	NFL Live	The Big Story w/ John Gibson		Coming Attractions	Blue's Clues	ESPNNews		
8:30AM	Dr. Phil <8:26>	The Hot Seat			E.T.	Dora the Explorer	Headline News		
9:00AM	Oprah Winfrey <9:20>	Around the Horn	Headline News		30 Minute Meals	Movie: <i>At the Mdnight Hour</i>	Rolie Polie Olie	Good Morning America	
9:30AM		PTI			Low Carb & Loving it		Lazy Town		
10:00AM	Guiding Light <10:20>	SportsCenter	NBC Nightly News		Design on a Dime		Madeline		
10:30AM			ABC World News		Style Star	Reading Rainbow			
11:00AM	General Hospital <11:10>		Sports <i>TBD</i>		CBS Evening News	E! News Live	<i>Children of a Lesser God</i>	Lazy Town	Sports TBD
11:30AM		The Newshour with Jim Lehrer			Malcolm	Rolie Polie Olie			
12:00PM	Hannity & Colmes	Bernie Mac			Dora the Explorer				
12:30PM	Judge Judy	Girlfriends			Blue's Clues	Sports <i>TBD</i>			
1:00PM	Today	NewsNight with Aaron Brown			Dawson's Creek		Miss Spider		
1:30PM					Judging Amy		Bear in the Big Blue		
2:00PM		Passions			Barney & Friends				
2:30PM			Movie: <:48> <i>Vertical Limit</i>		Play with Sesame				
3:00PM	Lilo & Stitch	SportsCenter	NewsNight with Aaron Brown		Third Watch	Movie: <i>White Palace</i>	Funniest Videos	ABC World News	
3:30PM	Oh Yeah! Cartoons						Growing Pains	ESPNNews	
4:00PM	Sabrina	Baseball Tonight	Larry King Live		The West Wing		The Directors	Disney's Doug	Judging Amy
4:30PM	NBA Inside Stuff	Outside the Lines						Hey Arnold!	
5:00PM	Jeopardy	NFL Total Access	Anderson Cooper 360		Simpsons	Ebert & Roeper	Spongebob	Star Trek: Deep Space 9	
5:30PM	Access Hollywood				Headline News	Raymond	E.T.		Fairly Oddparents
6:00PM	ESPNNews	SportsCenter	Tavis Smiley		One Tree Hill	Movie: <i>Enemy at the Gates</i>	Thats So Raven	Third Watch	
6:30PM	Pacific Report				Hardball with Chris Matthews		All That!		
7:00PM	Two and a Half Men	Sports <i>TBD</i>	O'Reilly Factor		Monk		Joan of Arcadia	Jeopardy	
7:30PM	Joey <:26				Nightline	Headline News			
8:00PM	Window on the Atoll (7:50pm) Medium (8:00pm)		Business Report						
8:30PM					Primetime				
9:00PM	C.S.I. Miami	SportsCenter	American Morning		Frontline	Movie: <i>The Medallion</i>	Sabrina	ESPNNews	
9:30PM	Pacific Report				Sabrina		Pacific Report		
10:00PM	Tonight Show W/ Jay Leno	Friends	Fresh Prince		The Simpsons				
10:30PM	The Late Show	Seinfeld	Family Ties		King of the Hill				
11:00PM		The Daily Show	7th Heaven		Survivor: Guatemala				
11:30PM		Blind Date							

Saturday, October 22

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
12:00AM	The Late Show	Sports TBD	American Morning	Roller	Late Night with Conan O'Brien	Movie: (Cont.) Jurassic Park	Spongebob	The Apprentice
12:30AM	The Late Late Show with Craig Ferguson				Fairly Oddparents			
1:00AM		Big Idea with Donnie Deutsch	MSNBC Live	One Tree Hill	Movie: <:21> Revenge of the Nerds	That's So Raven	Pacific Report	
1:30AM	Monk			All That!		Tonight Show w/ Jay Leno		
2:00AM	Countdown with Keith Olbermann	Frontline		Movie: Enemy at the Gates	Joan of Arcadia		The Late Show w/ David Letterman	
2:30AM					SportsCenter	Sabrina		
3:00AM	Access Hollywood	Sabrina	Fresh Prince	The Late Late Show with Craig Ferguson				
3:30AM		Headline News			Baseball Tonight	Connected: Coast to Coast		
4:00AM	Entertainment Studios	Outside The Lines	Primetime	Seinfeld	Family Ties	The Big Idea with Donny Deutsch		
4:30AM	ESPNNews	Inside the NFL		Carol Duvall Show			Play with Sesame	
5:00AM	Headline News		Fox News Live	Room by Room	The Madallion House	Barney & Friends	Countdown With Keith Olbermann	
6:00AM	Today	Studio B with Shepard Smith		Body Shaping		Sesame Street		Access Hollywood
6:30AM			1st & 10	The View	The Directors	Bear in the Big Blue	Headline News	
7:00AM		NFL Live				Your World with Neil Cavuto	Emeril Live	Ebert & Roeper
7:30AM			Dr. Phil <8:26>	The Hot List	E.T.			Dora the Explorer
8:00AM	Oprah Winfrey <9:20>	Around the Horn	The Big Story with John Gibson	30 Minute Meals	Movie: Broken Lullaby	Rolie Polie Olie		
8:30AM	PTI	Headline News				Easy Entertaining	Lazy Town	
9:00AM	Guiding Light <10:20>	SportsCenter	NBC Nightly News	Decorating Cents	Movie: <:45> American Beauty	Madeline	Homes Across Amer.	
10:00AM			General Hospital <11:10>	ABC World News		The Look for Less	Reading Rainbow	Designed To Sell
10:30AM	NFL Live	CBS Evening News	E! News Live	Lazy Town		Raceline		
11:00AM		Collage Football S. Mississippi at UAB	The Newshour with Jim Lehrer	Malcolm		Rolie Polie Olie	The Outdoorsman	
11:30AM	Window on the Atoll		Hannity & Colmes	Bernie Mac		Dora the Explorer	NHL Teams: TBD	
12:00PM		Judge Judy	Newsnight with Aaron Brown	Girlfriends	Blue's Clues			
12:30PM	Today	Newsnight with Aaron Brown	The West Wing	Movie: Never Talk to Strangers	Miss Spider	Sports		
1:00PM					CatDog		SportsCenter	Headline News
1:30PM	Archie's Mysteries	NFL Live	Larry King Live	Movie: <:42> The French Lieutenant's Wife		Barney & Friends		
2:00PM					The Cramp Twins	Outside The Lines	Anderson Cooper 360	True Hollywood Story
2:30PM	The Shaman King	Pro Football Review	Headline News	Hollywood Shootout				
3:00PM					Jeopardy	SportsCenter	Tavis Smiley	E.T.
3:30PM	Access Hollywood	Sports	Hardball with Chris Matthews	Lost				
4:00PM					Survivor: Guatemala	O'Reilly Factor	NCIS	Movie: Being John Malkovich
4:30PM	Nightline	Missing	Movie: <:05> Reindeer Games	Disney's Doug				
5:00PM				Business Report	Friends	The Daily Show	Hey Arnold!	Navy/MCorp News
5:30PM	Dateline NBC	Seinfeld	Movie Ghost World				Spongebob	Star Trek: Voyager
6:00PM				RECON	Blind Date	Fairly Oddparents		
6:30PM	Baseball Tonight: World Series Special	The Simpsons	Hercules					
7:00PM				Pacific Report	Movie: The French Lieutenant's Wife	Chalkzone		
7:30PM	Tonight Show W/ Jay Leno	Reindeer Games	American Dragon			Access Hollywood Weekend		
8:00PM			The Apprentice	Friends	Jimmy Neutron			
8:30PM	SportsCenter	Seinfeld			The Proud Family			
9:00PM			Dateline NBC	The Daily Show	Even Stevens	Headline News		
9:30PM	RECON	Blind Date			What I like About You	ESPNNews		
10:00PM			Baseball Tonight: World Series Special	The Simpsons	Switched!	George Lopez		
10:30PM	Pacific Report	Movie: Being John Malkovich			O'Grady	One On One		
11:00PM			Tonight Show W/ Jay Leno	Reindeer Games	Fresh Prince	Cold Case		
11:30PM	The Late Show	Blind Date			Family Ties			

HELP WANTED

KRS has the following job openings. For contract hire positions, call Marie Dixon, 51300. For all others, call Jack Riordan, 55154. Full job descriptions and requirements are on line or at Human Resources, Building 700.

PRODUCTION CONTROL CLERK II, Automotive. Full time. HR Req. K030983.

MAIL CLERKS. Two Full-time positions open. HR Req. K030958, K030959.

IMAGING TECHNICIAN, Kwajalein Hospital. Casual. HR Req. K030981.

MEDICAL BILLING SPECIALIST, Kwajalein Hospital. Casual. HR Req. K030982.

PIZZA DELIVERY WORKER, Three Palms Snack Bar. Casual. HR Req. K030980.

FOOD SERVICE WORKER, Café Roi. Full time. HR Req. K030979.

CASHIER, Tape Escape. Casual.

RECREATION AIDE I. Casual 24 hours per week. Open and close Adult Recreation Center, maintain and clean facility and provide customer service. HR Req. K030813.

ADMINISTRATIVE ASSISTANT, Child Development Center. Strong computer and communication skills required.

INSTRUCTOR, Child Development Center. Casual. HR Req. K030955.

REGISTERED NURSE, Kwajalein Hospital. Casual. HR Req. K030935.

RECREATION AIDE II, Small Boat Marina. Casual position. HR Req. K030927 and temporary position, HR Req. K030926.

RECREATION SPECIALIST I, Roi Small Boat Marina. Casual position. HR Req. K030928.

RECREATION AIDE II, Roi Recreation. HR Req. K030921.

CDC AIDE, Child Development Center. Casual. HR Req. K030929.

MECHANIC I, Kwajalein Automotive. Two positions. Full time. HR Req. K030332 and HR Req. K030641.

PRODUCTION CONTROL CLERK I, Kwajalein Automotive. Full time. HR Req. K030630.

AUTO BODY TECHNICIAN I, Kwajalein Automotive. Three Full-time positions. HR Reqs. K030640, K030783, K030883.

TOOL ROOM ATTENDANT II, Kwajalein Automotive. Full time. HR Req. K030895.

RECREATION AIDE I, Roi Community Activities. Casual. Two positions. HR Reqs. K030755, K030756. Enniburr applicants should apply to Tim Lykes.

SPORTS OFFICIALS, Kwajalein Community Activities. Casual. Five positions. HR Reqs. K030870, K030888, K030903, K030904, K030909.

RECREATION AIDE I, Kwajalein Community Activities. Casual. Two positions. HR Reqs. K030813, K030886.

LIFEGUARDS, Kwajalein Community Activities. Casual. Two positions. HR Reqs. K030884, K030885.

PAINTER II, Roi Operations. Full time. HR Req. K030761. Enniburr applicants should apply to Floyd Corder.

WANTED

SCHOOL SUPPLIES and children's books for outer-island schools. Clean out your closets and help students in less fortunate situations. Call Cris, 52935, for pickup or drop off at Quarters 229-A.

TAI CHI class or teacher. Call John, 55959.

CANDLE WAX, to buy. Call Sandy, 54152.

FOUND

NICE HAT at Columbus Day Run. Call 51376.

FOR SALE

PCS SALE. Dishwasher, \$150; microwave, \$50; assorted dishware; kitchenware; plants. Call 54329.

HOOVER WET/DRY vacuum, handheld, great for BQ room, \$15; women's size 7 rollerblades, used twice, comes with wrist guards, \$40; metal dinner trays, set of two, \$5 for both; bathrugs, light yellow and bath towels, light green, \$6 per set or \$10 for all. Call 54421, days, or 59801, after 5 p.m.

LIQUID GLUCOSIMINE, Flexicose, \$16 per bottle; short-sleeve rash guard, children's/teenager's size, \$18; rechargeable battery charger by Energizer, \$18. Call 59527 or e-mail: aenigma6@yahoo.com.

WOMEN'S DESIGNER tropical dresses, sizes large and extra-large, most with tags, \$3-\$15; girls' new sundresses, size 6-8, bathing suits, tops, shorts, \$3-\$6; New Eddie Bauer shorts, size XXL, \$5 each; J.A. Henkels 6-inch chef's knife, \$25; Tom Clancy hardback book collection

NEW AT MACY'S AND GIMBEL'S
Kwaj-logoeed T-shirts,
baseball caps and bucket hats
in youth sizes, plus an
assortment of men's wallets.

(17 books), \$75. Call 52262.

BREAD MAKER, \$20; Singer sewing machine, \$175; roller shade for new housing, \$5; queen-size white sheet sets, \$10 each; spear gun, never used, \$250. Call 52400.

34-FOOT BAYLINER Avanti, fresh fuel injector 454 motors, \$48,000 or best offer. Call Dennis, 51850, work or 54489, home.

ALUMINUM FRAME bike, in good condition, with a recently replaced seat, chain, basket, kickstand and handle bars, \$75. Call 54826 and leave a message.

GENERALELECTRIC stainless-steel microwave oven grill that broils, grills and browns, 1.2 cubic foot capacity, \$175. Call 52672 or 22973.

26.5-FOOT CROWNLINER with 5.7L V-8 inboard with Bravo II stern drive, excellent condition, V-berth, quarter-berth, table stove, deck and cabin stereo, full bathroom/shower, fridge, full canopy, deck shower, 15-horsepower kicker, boat house with tools, supplies, hardware, 7-foot dinghy, too much to list, \$36,000. Call 52582, home or 58331, work.

SURFBOARDS: Bic Mini Mal, 7 feet, 3 inches, \$250; TK shortboard, 6 feet, 2 inches, \$300. Call 50632 and leave a message.

SEINFELD, Seasons One and Two, new DVDs, \$35. Call 51175.

NEW AREA RUG, still in wrapper, green, 60 by 84 inches; three non-slip rug pads, 4 by 6 feet, 5 by 8 feet and 5 by 8 feet. Prices negotiable. Call 51376.

PENTAX OPTIO 50, 5-mega pixel digital camera with box and software, \$125; 8-foot Patagonia epoxy surfboard, Mickey Munoz model, with bag, \$325. Call 52492 or 58936.

LARGE PLANTS, including desert rose, unique bowl-shaped planters, \$8 each; cordless black 900-Mhz phone, \$15; bag of white Christmas lights, \$5; new compact disc holders, \$10 each; new Rival stainless-steel deep fryer, \$35. Call 52262.

36-FOOT CATAMARAN, Fusion, in the water and ready to sail, includes 15-horsepower kicker, global positioning system, solar panels, fresh water shower, awning, haulout trailer, propane barbecue, sails, bonus new 12-foot dinghy with 9.9-horsepower Yamaha. \$16,500 for all or \$12,000 for catamaran and \$5,000 for the dinghy. Call 59576.

COMMUNITY NOTICES

THERE WILL be a School Advisory Council meeting at 7 p.m., tonight, in the elementary school music room. The public is invited. Questions? Call the school office, 53761.

AMERICAN LEGION Auxiliary meeting will be at 6:30 p.m., Thursday, at the Vets' Hall. All women are welcome. Your support helps spread the word of Americanism and patriotism.

Get a FREE
MOVIE
AT TAPE ESCAPE!

Until Nov. 1, rent 3
Horror
movies

AND GET 1 FREE!

Check at Tape Escape
for details

U.S. Army Kwajalein Atoll regulations allow only cooked food items through the Dock Security Checkpoint. Other food items such as candy bars or bags of candy are not allowed in any quantity. Do not enter the DSC with any unauthorized retail items. You may receive a Kwajalein Police Department violation notice and you may be subject to a USAKA bar action if you have unauthorised items.

Kakien ko an USAKA rej kotlok wot mona ko remat bwe ren diwojlok ilo DSC. Mona ko jet einwot wud in coco im coco ak lole ko ilo bag EJJAB melim buki ilo jabrewot dettan. Jouij im jab delonne DSC kin jabrewot item ko jen mon wia ko im emo diwojlok kaki. Emaron naaj iwoj tikot jen KPD im maron naaj bar e iuk jen USAKA elanne renaaj loe bwe ewor item ko emo diwojlok kaki ippam.

THERE WILL BE a Youth Action Council meeting at 7 p.m., Thursday, in the elementary school music room. The council's purpose is to identify and address youth-related concerns and issues, contribute new ideas to existing youth programs and find ways to encourage youth to better utilize the youth center. The public is invited. Questions? Call Joy Sims, 53606.

BARGE OPERATIONS are scheduled for Thursday through Sunday. During barge operations, the Supply Department and Marine Department areas, between 6th Street and 8th Street and Supply and Marine Roads, are off limits to pedestrian, bicycle and vehicle/equipment traffic. Only authorized personnel will be allowed into these areas. Barricades and caution tape will be erected at all of these points. Questions? Call 52180, 53444 or 53430.

REGISTER TO be a volleyball official. Experience a plus, but not necessary. An officials' clinic will be held at 6:30 p.m., Friday, at the Corlett Recreation Center gym. Learn the mechanics and rules of the game. Anyone interested must attend the clinic to be considered. It's a great way to earn some extra money. Questions? Call Billy, 53331.

PARENT/TEACHER conferences for grades 7-12 will be at 2-5:30 p.m. and 6:30-8:30 p.m., Friday, in the multi-purpose room. Details will be mailed home. Questions? Call the high school.

GIRL SCOUTS of Kwajalein, come celebrate the birthday of our founder, Juliette Gordon Low, at 1 p.m., Friday, at Community Activities Center Room 6. Your troop leaders have more information.

VOLLEYBALL BEGINNER'S Clinic. Do you want to play volleyball but are new to the game? Do you want to refresh some rusty game skills? A beginner's volleyball clinic will be held at 6 p.m., Saturday, at the Corlett Recreation Center gym. We will go over basic rules, skills and stretching. For more information, call Billy, 53331.

CUB SCOUT Pack 135 meeting is 6:30 p.m., Saturday, at Coral Sands. Bonfire, s'mores, fire safety and astronomy. Bring your family. Don't be late.

CALLING ALL COOKIES. The Yokwe Yuk Women's Club needs 90 dozen cookies for the Ebeye school walkabout Monday. If you can help with the baking, call Suza, 53725, or deliver the cookies to Quarters 411-C, by Sunday.

THE THIRD SWIM MEET of the season will be Monday, at the family pool. Warm up times are: 8 a.m., 13 and older; 8:15 a.m., 9-12; 8:25 a.m., 8 and under. Start time is 9 a.m.

YOKWE YUK Women's Club Teacher Appreciation with Ebeye school walkabout is Monday. Meet at the Dock Security Checkpoint at 8:15 a.m. Bring money for lunch and the water taxi. If you will go, call Suza, 53725, by Thursday.

MANDATORY ISLAND orientation is 1 p.m., Oct. 26, in Community Activity Center Room 6. It is required for all new island arrivals and family members over 10. Questions? Call 51134. Preceded by the optional Host Nation Tour of Ebeye. If you will take the tour, call Host Nation, 55033, by noon, Tuesday. Meet at Dock Security Checkpoint at 7 a.m. to catch the 7:20 a.m. ferry. Women should wear long dresses or modest skirts. Sunscreen and bottled water are recommended. Questions? Call Host Nation, 55033.

CERAMIC MOLD pouring demonstration will be at 6:30 p.m., Oct. 26, at the Hobby Shop. Learn the basics of pouring ceramic slip onto a mold. Questions? Call Andee, 51700.

ARE YOU READY to stay home alone? Students in grades 5-6 and their parents are invited to an informational workshop provided by Youth Services at 5 p.m., Oct. 27, in Kwaj Kids Club room in Building 368. Questions? Call Amy, 53610.

THE AMERICAN LEGION Oktoberfest is back at 6:30 p.m., Oct. 30, at the Vets' Hall. The menu will include knockwurst, bratwurst, German

bread and potato salad, sauerkraut, strudel and keg beer while it lasts. There will be oom pah pah music, dinner music, dance music and German games. For tickets, call Deb, 51416/52279, Sandi, 52224/55765, or Carl, 59676/59503.

THE ADULT RECREATION Center will be closed until repairs are made on the interior roof. Your patience is appreciated. Questions? Call 53331.

THE HOBBY SHOP is once again offering a hand-built pottery class for October. Learn how to make mold bowls or sushi plates. The class is limited to five students. Registration and payment is necessary to reserve your spot. Register at the Hobby Shop. Questions? Call 51700.

THE SCUBA CLUB will hold an underwater pumpkin carving contest at 2 p.m., Oct. 30, at Emon Beach. Participants must supply their own pumpkins. There will be three divisions with winners receiving 10 points, participants will receive five points.

THE OCTOBER BOOK drawing at Grace Sherwood Library will feature two books. The adult book will be "Ghost Soldiers: The Forgotten Epic Story of World War II's Most Dramatic Mission." The book for children is "The Unhuggables: The Truth About Snakes, Slugs, Skunks, Spiders and Other Animals That Are Hard to Love." Come in and sign up. The drawing is Oct. 31.

COME SIP and relax the night away at Java Café, 7-11 p.m., Nov. 12, in the Kabua Room at the Yuk Club. Enjoy an evening of relaxation while you sip a cup of coffee and listen to local music. Sponsored by the Protestant Chapel.

Halloween

happenings

Shaving Cream social

OCT. 28

4:40-5 P.M., GRADE K-2

5:10-5:30 P.M., GRADES 3-6

5:40-6 P.M., GRADES 7-12

ALL AT RICHARDSON THEATER



Costume Carnival

OCT. 29

5-7 P.M., IN CORLETT RECREATION CENTER GYM

INFANT - GRADE 6

Trick or Treat

OCT. 31

6:30-8:30 P.M., IN THE FAMILY HOUSING AREA ONLY

Fire Department held open house Saturday



(Photo by Elizabeth Davie)


Jon Marr of the Kwajalein Fire Department helps Maribeth Cherry and her daughter Maeli, 5, spray the fire hose as part of the open house Saturday.



Children's caution corner

Serena Corbin, 8
*"I clean up everything in
my house so no one
will trip on anything."*

**Keep classified
material secure**



Shhhhh

**practice
good OPSEC**

Courtesy of RTS Weather

Tonight: Partly cloudy with scattered showers. **Winds:** NE-E at 5-10 knots.
Thursday: Variably sunny with scattered showers. **Winds:** NE-E at 7-14 knots.
Friday: Partly sunny with showers likely. **Winds:** NE-E at 14-20 knots.
Saturday: Partly sunny with scattered showers. **Winds:** NE-E at 7-14 knots.

Annual rain total: 51.62"
Annual deviation: -25.29

Call 54700 for updated forecasts
or www.rts-wx.com



Sun • Moon • Tides



	Sunrise/set	Moonrise/set	High Tide	Low Tide
Thursday Oct. 20	0637/1834	1514/0218	0040, 4.3' 1350, 3.9'	0730, 1.6' 1930, 1.9'
Friday Oct. 21	0637/1833	1602/0317	0150, 4.8' 1430, 4.6'	0820, 1.1' 2020, 1.2'
Saturday Oct. 22	0637/1833	1648/0413	0230, 5.2' 1500, 5.1'	0850, 0.7' 2100, 0.7'